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HOSPITAL AND TRAINING-SCHOOL NOTES



[The following correspondence between Miss Julia Lathrop and the Illinois State Association shows the splendid work the state association may do educationally, even before state registration has been put in operation.—ED.]

CHICAGO, August 5, 1908.

Miss Caroline D. Seidensticker,

President Illinois State Association of Graduate Nurses.

MY DEAR MISS SEIDENSTICKER:

Upon the occasion of the association's visit to the Northern Hospital for the Insane June 24, the discussion plainly showed the interest of the nursing profession in the care of the insane, and, at the same time, indicated some of the difficulties in the way of more general response to the requests of the Committee on Uniform Curriculum for coöperation and reciprocity. Some of these difficulties were shown to be purely economic, others to be matters of hospital organization.

In pursuance of that discussion, I wish to ask if you will secure from your association a formulated statement of the conditions under which, in the judgment of the association, trained nurses should be asked to take service in public institutions for the insane in Illinois. Such a statement should indicate general standards of organization, pay, hours and living conditions, and should include an estimate of an adequate proportion of graduate nurses to patients.

It will be impossible for the institutions to reach the highest standard in every particular at once, under present financial limitations, but a carefully considered statement would be of service to this committee and to the public as an aid in estimating the proper cost of the hospitals for the insane in the future.

Yours sincerely,

JULIA C. LATHROP.

CHICAGO, August 11, 1908.

Miss Julia C. Lathrop,

Chairman Committee on Uniform Curriculum,

The Board of State Commissioners of

Public Charities of Illinois.

MY DEAR MISS LATHROP:

In reply to your request of August 5 that the Graduate Nurses' Association of Illinois submit to the Committee on Uniform Curriculum a formulated statement of the conditions under which, in the judgment of the association, graduate nurses should be asked to take service in the public institutions for the insane in Illinois, we take pleasure in presenting to your honorable body the following outline.

In submitting these statements the association desires at the outset to express its hearty sympathy and to pledge its coöperation to the State Board of Charities and its various committees in their continual effort and splendid achievements for the wards of the state, which, among other praiseworthy feat-

ures, includes the introduction of graduate nurses into all state hospitals for the insane; that we no less appreciate the stupendous difficulties that prevent the perfect accomplishment of that which is desirable and imperative; and that it is therefore with no desire to set up the ideal and impossible that we present this outline, but because we believe that in formulating what represents to us the minimum standard of living accommodations, emoluments, privileges and professional recognition that women of the desired ability and technical training will naturally expect, we shall be aiding those in authority.

Based on conditions which the graduate nurse finds in the best general hospitals of the country, which institutions must be regarded as competitors for the services of the strong women of the profession, the following suggestions are made:

1. That in each institution for the insane there should be appointed, as early as possible, a superintendent of nurses who herself, a graduate nurse and responsible only to the superintendent of the institution, shall have charge and supervision of all nurses and attendants. The official position of this officer shall be of rank equal to that given the first assistant to the superintendent of the institution.

2. That in order to allow possibility of success on the part of the superintendent of nurses, she should be provided with at least two graduate nurse assistants, these to be delegated to such duty as the superintendent of nurses may deem advisable.

3. That a graduate nurse should be placed as head nurse in

- (a) Each general hospital ward.
- (b) Each special hospital ward for acute excitable patients.
- (c) In charge of an average division of 100-150 of the subacute and chronic insane.

4. That the proportion of attendants should be

- (a) One attendant to every three patients of the excitable acute mental cases.
- (b) One attendant to every five patients of the acute mental type.
- (c) With the average subacute and chronic patients one attendant to every twelve patients.
- (d) The proportion for the total average of insane patients, one attendant to every nine or ten patients.

5. That owing to the fact that nursing of the insane is one of the most difficult forms of nursing which calls for the highest type of nurse, it is recommended that the salary offered for the various positions should be such as to allow capable women to make application. The minimum salary for the superintendent of nurses to be \$125 per month; for assistants \$75, and for head nurses \$60.

6. That the eight hour system should be enforced, nurses and attendants being on duty only eight hours out of each twenty-four.

7. That a separate home for the nursing staff should be provided with single bed room, suitable dining rooms, and other adequate accommodations.

8. That a course of instructions for graduate and under-graduate nurses should be given similar to that planned by the Committee on Uniform Curriculum.

Trusting that the above respectfully submitted recommendations may be of service to the Committee on Uniform Curriculum, I am,

Yours very truly,

CAROLINE D. SEIDENSTICKER, President.

THE nurses of the Mercer Hospital, Trenton, N. J., are taught dietetics by a Drexel graduate, cooking classes being held semi-weekly at the Y. W. C. A. building in Trenton.

AT Colorado Springs, Colorado, the Modern Woodmen of America are beginning work on a national sanitarium for tuberculosis patients which is to start with a central building and sixty tents. A reservoir with a capacity of 3,000,000 gallons has been erected, and ground to the extent of 200 acres will be planted with alfalfa. A number of fine Holstein cows have been purchased for the sanitarium and good roads are being laid.

ST. JOSEPH'S HOSPITAL, Fort Worth, Texas, has recently graduated eleven nurses.

THE John Sealy Hospital of Galveston, is the first training school in Texas to establish the three years' course, and at the close of its first school year since this venture, reports a longer waiting list of applicants than ever before.

THE commencement exercises of the class of 1908 of the City Hospital of Akron School for Nurses, Akron, Ohio, were held on June 17 at the First Presbyterian Church. The program consisted of music, invocation by Rev. H. W. Lowry, addresses by Mr. Geo. W. Crouse and Dr. J. H. Seiler, presentation of diplomas by Mr. O. C. Barber, president of the Board of Trustees, and benediction by S. N. Watson, D.D. The graduating class consisted of Mary Sabin, Evah McCoy, Louise Brand, Ruth Trainor and Ethel Brown.

CONNECTICUT STATE BOARD EXAMINATION FOR NURSES

ANATOMY AND PHYSIOLOGY

Emma L. Stowe, Examiner

1. Define anatomy, physiology.
2. How many bones of the skeleton? Name a long bone, a short bone, a flat bone, and tell where each is situated.
3. Name one of the muscles of the upper arm; what is its function?
4. Name the different varieties of joints; give an example and describe in detail a ball and socket joint.
5. Name the different organs contained in the thorax; name those contained in the abdomen.
6. Name the most important excretory organs; name the excretion thrown off by each.
7. State briefly the function of the blood.
8. What is respiration? What effect has oxygen on venous blood?
9. What organs aid in digestion? Name the different parts of the alimentary canal.
10. Name the three solid foodstuffs; where is each digested?

MEDICAL NURSING

Martha J. Wilkinson, Examiner

1. Give cause, prevention and treatment of bed-sores.
2. How many kinds of enemata are there; describe in detail how you would give one?
3. How would you prepare and apply a flaxseed poultice? A mustard paste?
4. Describe the sick room ventilation for a tuberculosis patient; what care should be taken of sputum and of sputum cup?
5. How would you distinguish hemorrhage from the lungs? From the stomach? Give symptoms of concealed hemorrhage. Treatment.
6. What is the character of the typhoid stool? What sanitary precautions are taken regarding it? What care should a nurse give her hands while nursing a case of typhoid fever?
7. Give symptoms of typhoid case for which you would call physician. Under what conditions would you remove patient from typhoid bath before expiration of prescribed time; what would you do in such emergency?
8. Give in detail the method of giving a hot-air bath; a hot pack; a cold sponge bath.
9. How would you prepare to catheterize a female patient? What is cystitis?
10. How would you care for a case of opium poisoning until arrival of physician? Of carbolic acid poisoning?

EXAMINATION IN SURGICAL NURSING

Mary L. Bolton, Examiner

1. What is asepsis?
2. What is primary union? What is healing by granulation?
3. State briefly what the general treatment of wounds consists of.
4. What articles would you always have in readiness for any surgical dressing?
5. How would you prepare a room in a private house for an abdominal operation?
6. Give treatment of hands and instruments when preparing for abdominal operations.
7. What two complications should a nurse anticipate after a capital operation?
8. What is a fracture and how many kinds of fractures are there?
9. What is a green stick fracture?
10. What is transfusion? How would you prepare the saline?

OBSTETRICAL NURSING

R. Inde Albaugh, Examiner

1. What is the duration of pregnancy; and how would you determine the probable date of confinement?
2. What general preparation would you make, if called at the beginning of labor?
3. How many stages of labor are there? Define each.

4. What diseases would you avoid, prior to, and during your engagement to care for an obstetrical case?
5. What care would you give to a newborn infant for the first week?
6. What is colostrum? and what its function?
7. How frequently would you change vulva pads; how would you prepare for and proceed to do it; and what conditions would you note while performing this duty?
8. What care would you give a ruptured perineum that had been given immediate repair?
9. Name two of the most serious complications in labor, and what measures to employ to control them until the doctor arrives.
10. Give technic for an intra-uterine douche.

DIETETICS AND HOME SANITATION

Lauder Sutherland, Examiner

1. What points are to be observed in setting and serving an invalid's tray?
2. How would you disinfect a room in a private house after a case of scarlet fever?
3. Give method of preparing (1) soft cooked egg in shell, (2) poached egg, (3) beef juice.
4. What is an ideal piece of toast and how should it be prepared?
5. What precautions are to be observed in the care of (1) milk, (2) nursing bottles?
6. Give a general outline of typhoid diet.
7. What is the best way of preparing a chop for an invalid? Give directions.
8. Give the classes into which foods are divided and state the use of each in the body.
9. What care is it necessary to give to a ward refrigerator (cooled by ice) to keep it in a perfectly sanitary condition?
10. Give menu for breakfast, lunch and dinner for a diabetic.